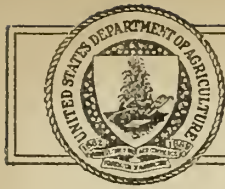


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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 2, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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JUNE TO BE BIG MONTH
FOR PEAS, SNAP BEANS

- - -

June rhymes with legume -- this year. Statisticians in the Bureau of Agricultural Economics lift their eyes from long rows of figures on their desks and sum up the situation thus: June's pea crop, estimated at 71 percent larger than last year's; snap beans, at 67 percent greater.

These figures are, of course, for the big shipping states, which supply the eastern half of the United States. The western states are inclined to be self sufficient and grow their own. For peas, the Big Four among this month's shippers are North Carolina, Virginia, New Jersey, and Maryland; for snap beans they are Arkansas, North Carolina, Tennessee, and Virginia.

In the eastern half of the U. S. A. especially, then, prices should be unusually attractive to buyers. Peas may not go as low as in May when California's belated crop forced retail prices down to an average of 5 cents a pound. But they'll likely be below normal. And with such a bumper bean crop, these too are sure to be good buys this month.

This situation is of interest to the nutrition specialist, because these two vegetables are among the good vitamin and mineral sources. Snap beans are rich in calcium and vitamin A, a good source of iron, phosphorus, and vitamin C, and a

fair source of vitamin B. Peas are a rich source of iron, phosphorus, and vitamin C, and a good source for the pellagra-preventing factor.

No thorough going study of the effect of canning upon vitamins and minerals has yet been made. Cooking for immediate use may result in some loss of these food essentials. The longer cooking required for safe canning would undoubtedly mean more vitamin losses, but should mean no mineral waste; so that the peas and snap beans properly canned this month will still be of considerable food value when the cans are opened next winter.

Though there is a bountiful supply of these vegetables in the market, the shopper must still have her critical faculties alert as she goes to market, if she is to serve savory food.

In buying snap beans she'll get pods that are uniform in size, so that they will cook evenly. She'll look for pods that are fresh, bright green, clean, and free from blight spots. She'll pass by the dull, wilted looking ones. She'll pick up a pod or so and bend them to see if they snap readily, or if they are so mature that they are stringy or tough, or flabby and wilted. Badly crooked, curled, or twisted pods and those that are excessively tapered will not be good buys either.

In shopping for peas, she'll look for pods that are bright green, somewhat velvety to the touch, fresh looking. Pods of immature peas are usually flat and a dark green. Those of old peas are often yellowish. Peas ranked as U. S. Fancy should have more than two-thirds of the pod filled with fairly well developed peas; U. S. No. 1 with more than half the pods thus filled.

Peas deteriorate faster than do snap beans, because of their sugar content. This sugar changes rapidly into starch, and with the sugar goes the delicate pea flavor. If peas are to be kept for some time after picking, they should be in a



cool place, so as to slow down this sugar change as much as possible. Both snap beans and peas should be eaten or canned as soon as possible after they are picked.

The 1937 housewife has two favorite ways of preparing snap beans. Instead of snapping them into irregular pieces as her mother did, she'll lay a half dozen or so pods on the chopping board and with a long knife cut them into slantwise inch pieces. It takes no longer than the old way and looks more attractive.

Or if she has a bean shredder, she'll use that. Two different types are on the market. You thrust the bean pod into the mouth of the little hand one and then pull it through. Then there is the kind you clamp onto the table edge and turn a handle to run the bean pod through the shredder.

There are several excellent defenses of bean pod shredding. It results in uniform pieces, so that there's no danger of overcooking some, undercooking other pods. Cooking time is cut to a third the normal length, thus saving color, vitamin-mineral content, and flavor. Less water need be used for the cooking--which still further helps flavor and conservation of food values. Beans are more attractive so served. When prices are high, there's the added incentive of making the vegetable seem to "go farther".

The two drawbacks to shredding are the increased time it takes to prepare the beans, and the fact that very small or old bean pods won't go through the hand shredder nicely.

When the beans are cooked tender, add some fat and seasonings and serve. Some cooks like to use butter, browning it a bit. Others prefer bacon fat, sometimes with bits of crisped bacon. Still others like to cook the beans with some salt pork.

The left-over beans can be served in a medium white sauce. Prepare the sauce, using whatever vegetable liquor is left over. Then add the cooked beans, cooking them only long enough to be heated through. In that way, they are not

overcooked and their flavor is delicious. Shredded cheese might be added to the white sauce and the dish covered with buttered crumbs and set into the oven to brown a bit.

Prepare both snap beans and peas for cooking as close to mealtime as possible, if you would have the most savory dish. But on occasions when the peas must be shelled and the snap beans prepared the night before, put them into a glass jar, tightly cover it, and keep it in a cool place.

And by the way, the pods should be rinsed free of dirt before the peas are shelled or the bean pods further handled.

Food specialists have four ironclad rules for the cooking of peas and snap beans. First, cook in a minimum of water, so that when the vegetable is done there will be little or no water left, in order to conserve food constituents. Second, cook in an uncovered pan so as to keep them green. Third, have the water slightly salted, and boiling merrily, when you put the vegetables in, so as to cut the cooking time down. Fourth, consider the vegetable cooked when there is still some body some firmness to it. The average cook overcooks both vegetables. They are overcooked when they are mushy. After the vegetable is put into the boiling water, the cooking technique varies a bit for the peas and snap beans. You simmer the former, boil the latter.

Ideally, both these vegetables should be transferred to the table the moment they are cooked. Practically that isn't always possible. Not if Junior has failed to respond promptly to the dinner call, or if the Head-of-the-House has slipped off on an errand, or if guests are tardy. In such cases, don't leave the vegetable to simmer along, getting ever more tasteless and pasty. Take it off the fire at once; then when the diners have at last assembled, bring it quickly to the boil, and serve

If you are canning either peas or snap beans, the pressure cooker should be used, for both these vegetables come in the nonacid group for which any other type of canning is downright dangerous.

Snap beans should be processed at 240°F. or 10 pounds pressure for 30 minutes if pint jars are used, 35 minutes for quart jars, 25 minutes for No. 2 tin cans. Green peas need longer processing: 45 minutes for pint glass jars, 40 minutes for No. 2 tin cans.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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WILD AND TAME BERRIES
PLENTIFUL THIS SUMMER

- - -

"A fine summer for berries!" Crop reporters from all over the country are writing these words into the dispatches they send in to the Department of Agriculture in Washington.

Conditions have been unusually favorable thus far for the whole berry family, both wild and tame, and in almost all parts of the country. Blackberries and blueberries, huckleberries and gooseberries, loganberries and thimbleberries, youngberries and raspberries, elderberries and currants--all are flourishing.

New York received its first shipment of California's red raspberries May 24. In the colder parts of the country where berries haven't yet begun to form, the canes are filled with bloom--in vacant lots and wooded stretches, along "the tracks" as well as in home and truck gardens. Energetic children by fall should have their pig banks filled with quarters and dimes--money earned at the cost of torn pinafores and shirts, scratched arms and legs.

Among the berries, quality is indicated by a bright, clean, fresh appearance, plumpness, and a solid color. Overripe berries are dull looking and sometimes leaky. Stains on the container are likely to be evidence of this leaky condition. Molds on berries warn of decay. And you can't expect good flavor from berries which are partly green or off color.

Once you've purchased a box of berries, it's a good idea to go through the lot and carefully pick out any oversoft or moldy ones. Don't wash berries until you are ready to use them, because molds spread more rapidly in dampness. Put them loosely into some container in the refrigerator where the air can circulate freely around them. A colander makes a good berry container.

All of the berries except very acid ones such as the gooseberry are best eaten raw. There is a zest to the flavor of raw fruit never found in the cooked product.

Nevertheless sauces made from the berries have a worthy place in the diet. And cooking may be necessary to hold over a supply on the ragged edge of spoiling. Then of course there are the pastries--tarts, pies, and cakes. Berry pies require a special technique because of their juiciness. The pie crust has to be sufficiently deep to prevent overflows. Some cooks thrust a piece or two of uncooked macaroni into the center of the pie for the juice to bubble up into, just through the cooking period.

A prebaked undercrust done to a very pale brown, will help prevent a soaked crust. This undercrust, by the way, should not have been pierced in the cooking. If you fear crust bubbles, you can lay another pie tin on the crust while it is baking.

Here's another way to help prevent undue juiciness. Heat the berries about 3 minutes, just long enough to start the flow of juice, then pour the juice off, and thicken it slightly as soon as it is cool enough. Then pour the berries back into the hot, thickened juice, and put the mixture into the pie crust. If fruits are very acid, use flour for thickening; otherwise use cornstarch.

Fruits like the elderberry and huckleberry need some lemon juice or vinegar to give them sufficient tartness for a pie.



Blackberries make excellent baked dumplings. Huckleberries and blueberries are old favorites for muffins and cakes. Many of the berries are good in baked or steamed puddings.

Then the berry surplus can be excellently utilized in jams, jellies, and preserves. Blackberries and currents, gooseberries and raspberries make delicious jelly. Combinations of berries often result in interesting products. For instance, red raspberries and currants.

Most of the berries make fine jams, either along or in combinations. If seeds are objectionable, the fruit may be boiled a few minutes and then run through a sieve before jam preparation proceeds. Softer, riper, less perfect berries can be used for jams.

Many of the berry family are important vitamin sources, and all have some sugar content. Blackberries are good for vitamin A. Currants, gooseberries, and raspberries are all excellent sources of vitamin C.

The Department of Agriculture compiles no statistics on berries other than strawberries, partly because the other members of the berry family have not yet reached the status of a major crop. Then, too, it wouldn't be an easy task to find out about wild berries, especially, though they are plentiful. There is available some information about acreage of tame berries, however, a roll call of berries might be enlightening.

RASPBERRIES. Present, particularly in the northern tier of states: New York, Pennsylvania, Ohio Illinois, Iowa, Minnesota, Michigan, Wisconsin, Washington, Oregon. Red and black raspberries grow in about the same territories. Black raspberry picking in most states will start the last of this month.

BLACKBERRIES. Last year far more of this berry was packed commercially than any other. The five leading states in the industry were Washington, Oregon, Texas, California, and Michigan.



THIMBLEBERRIES. Present from New Brunswick to Georgia, and west to Colorado. It's a member of the raspberry family.

LOGANBERRIES. Locale, the Pacific coast. It is a blackberry variety, and is fading out of the berry picture partly because of its sourness--"it's sour enough to make a pig squeal," says natives. But it is a good "pie berry," and is commercially packed in some states.

DEWBERRIES. They are found almost everywhere in the U.S.A. You'll never find prices for them quoted on the market, because they are lumped in with blackberries, and sometimes mixed in the boxes. This month dewberries will be picked in such states as Alabama, Kentucky, and California.

YOUNGBERRY. Found in the South and on the Pacific coast particularly. It is a dewberry variety. There are some commercial areas in such states as North Carolina and Louisiana.

BLUEBERRIES. Beloved of New Englanders and people in the north central and western states especially. The earliest picked berries are usually the finest. Some varieties have been developed that have berries so large and dark that they were christened Concord after the grape. Time was when the first baskets of these big berries brought as much as \$1.25 a quart, but now they retail at 50 to 75 cents. In some states they are even now being gathered.

HUCKLEBERRIES. They grow wild only. Nobody has become sufficiently interested in this species to try to develop a superhuckleberry, though its best varieties have excellent flavor. Its 10 bony seeds have apparently been too obnoxious to horticulturists. Nevertheless in the market you'll find huckleberries mixed in with blueberries, as they often grow side by side. The true blueberry has a good many seeds but they are small, not objectionable.

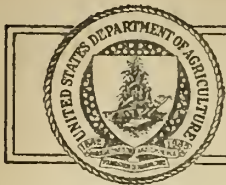


GOOSEBERRIES are widely scattered over the country, and are commercially canned in some sections. They are outlaws in white pine states because the bush acts as host to the dread white pine blister rust.

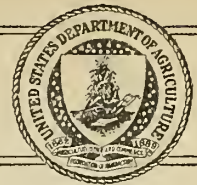
CURRANTS, too, are in the bad graces of the forester, because of their association with the white pine blister rust. But they are among the favorite berries for home gardeners in states where they are not under a ban.

There's hardly a state in the Union so benighted as not to have a few of these berries growing in wild patches. And both country and city gardens usually have a few bushes of one or another of the cultivated varieties.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 16, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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BIG POTATO SURPLUS
HARRASSES FARMERS
PLEASES CONSUMERS

- - -

A potato surplus has raised its head above the crop production horizon and is rapidly advancing toward us consumers. Potato farmers aren't too happy about it, but buyers are pleased, because Surplus usually walks arm-in-arm with Lower Prices.

Potato farmers last year averaged \$1.32 a bushel for the early crop. And that was a sufficiently enticing figure that a lot of those who normally grow only enough for home use, decided to put 2 to 4 acres or more into "spuds" this year. The 19 states which figure in production of the very early on through the intermediate crops put 25 percent more land into potato production than they did in 1936.

With this prospect of large supply plus lower prices, there'll likely be increased amounts of potatoes in the market baskets of the nation. Unless the late potato crop changes the picture!

So highly is the potato regarded by scientists of the Bureau of Home Economics that they give it an important place in the diet of people of every income level. In their recent publication "Diets to Fit the Family Income" they include 8 to 9 servings a week in the "emergency diet" for people of very low incomes.



That means 11 pounds of potatoes a week for a family of 4, or 19 pounds for a family of 7.

And for the liberal diet, for people who can afford a wide variety of foods, they list one serving of potatoes apiece a day--9 pounds a week for a family of 4, 16 pounds for a family of 7. Not much fewer potatoes than in the emergency diet!

These dietary plans would put our yearly consumption figure at 165 pounds each for people of the lower incomes, and 155 pounds apiece for people of well-to-do families.

These are interesting totals, in view of the fact that in 1932, it was estimated that an average of 150 pounds of potatoes a person was "made way with". That is what is called a "disappearance figure," however, and the average of potatoes eaten would be somewhere below that amount.

The potato has been the innocent victim of a widespread notion that it is exceptionally fattening. Weight conscious Americans have come to look with suspicion on it simply because it is listed among the starchy foods.

Actually 78 percent of this sturdy vegetable is water--only 11 to 21 percent being starch. One medium size potato totals 100 calories. But so does each of the following: 1 large apple, 1 large orange, 1 medium baking powder biscuit, 1 1/2 tablespoons French salad dressing. And since 3,000 calories is estimated to be the daily calorie total needed by the average fairly active adult man, a medium size potato a day could hardly take the blame for his having to let out his belt several holes.

Americans who are trying to keep their youthful figures should cut out several other types of food before they do the potato, say dieticians. Foods--such as sugar, fats, and oils--which are considerably more fattening and which carry none of the potato's minerals and vitamins.

The potato has dietary virtues that have been ignored by the general public. It is a fair source of vitamin C. Weight for weight it has a fourth as much of this vitamin as do oranges and lemons, which are so rich in it--half as much as that of tomatoes. It also has a little of vitamins A, B, and G.

The potato makes an important contribution to the diet, too, through its minerals--particularly iron and phosphorus.

The indifference of some people to this vegetable is partly due to its being badly prepared so much of the time. Appearance, flavor, and food value are all influenced by the cooking technique.

Cooking in the skin--whether in baking, boiling, or steaming--conserves the maximum amount of a potato's food value.

BAKING potatoes isn't usually associated with summer cookery, but the two are not necessarily incompatible. As soon as the potato is mature it can be baked. The temperature best for baking--400° to 425°F.--dextrinizes the starch, caramelizes some of the surface sugar, and therefore changes the flavor.

The pleasing mealiness of a baked potato is gradually lost as the potato cools or steams. So the cook should do some pretty close timing, to get it done just as dinner is ready. To let the steam escape and thus prevent sogginess developing, cut a cross on one side of the baked potato as soon as you get it out of the oven. Then pick it up (in a cloth to keep from getting burned) and squeeze it a bit, to loosen up the "innards" and make a little of it bulge up into that cross-cut slash. If dinner is to be delayed a bit, remove from the skins, mash, and beat up with cream or butter, pile back into the skins and reheat.

The skin tells whether or not the potato is mature enough to bake. If it curls up, or as men in the trade say "if it is feathered," the potato is immature. If the skin is set and firm the potato is mature.

BOILING potatoes. It is simply impossible to pare a potato so as not to have considerable food loss, and the loss is increased with varieties that slough badly. A large percentage of the minerals is in the cortical layer--just under the skin. Cooking in the skin also prevents the escape of certain volatile compounds and so results in a different flavor than boiling when pared.

Have the water already boiling rapidly when you put the potatoes in, and then cook them with the water boiling rapidly and continuously. Too vigorous boiling, however, makes potatoes, especially pared ones, go to pieces more quickly.

As soon as the potatoes are done, take them from the boiling water and remove the skins. They'll get waterlogged if you leave them in the water, and will be less flaky when mashed if you delay removing the skins.

STEAMING potatoes in the skins, too, saves nutrients. The steaming should be rapid, and the skins removed at once, for maximum mealiness, minimum danger of sogginess.

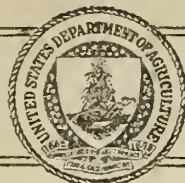
As to preparing potatoes--there are the usual ways: scalloped, au gratin, shoestring, chips, and hash browned. And you remember Lyonnaise potatoes: fry some chopped onion a few minutes, then add your diced cooked potatoes.

Then there's Potato O'Brien, for which you mix diced potatoes, chopped onions, and green peppers or pimiento, and seasonings. Cook in a little fat at low heat.

A quick potato soup recipe has the milk heated in a double boiler and then adds it to butter-flour thickening, stirring constantly, and then puts in grated raw potatoes and onion seasonings, and cooks 10 minutes.

A good curry dish is made with chopped onion and grated cheese. Cook the chopped onion in a little fat until it is a golden brown, add diced cooked potatoes, and curry powder that has been mixed in a little cold water, pour into a serving dish, sprinkle grated cheese over the top and serve at once.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 23, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FRIED CHICKEN FOR JULY 4TH

- - -

Fried chicken by the Fourth of July! That's almost a slogan with the average rural and small town family in these United States. A Fourth of July picnic without this meat is in many sections of the country almost as incongruous as a county fair without pink ice cream or a circus without a clown.

Not that chicken--or even fried chicken--is a seasonal food. It isn't any more, since cold storage has become so important. Moreover Americans have been eating considerably more chicken this year than they have in recent years, according to statisticians in the U. S. Department of Agriculture.

Those of us who don't grow our own poultry and who must go to the market to get our Fourth of July broiler or fryer may need some buying tips.

The first point to consider in shopping for chicken is the amount to buy for the dinner. A small size broiler weighing between 1 and 1-1/2 pounds undrawn, often called a squab broiler, will serve two people, if they don't have too hearty appetites. A 2-pound broiler, split in half, should certainly be sufficient for the heartier eaters.

For frying, the usual allowance is 1/2 pound per person. So if dinner is for six, you'll need 4 pounds of fryers (dressed not drawn weight)--that is, two

2-pounders. This allows for the weight loss in preparing the bird for cooking.

If you are buying the chicken live weight, you need to count on its losing 30 percent or more of its weight between the time when it was strutting up and down the poultry yard and the time when you put the pieces into the frying pan. In other words, if the bird's weight is 2 pounds, there'll be a little under 1-1/2 pounds of it to put into the pan.

If you buy it bled and plucked but not drawn it will lose 20 percent or more of its weight before you have it ready to cook. That is, the 2-pound bird you buy will drop to a little more than 1-1/2 pounds by the time you have it ready to fry or broil.

Broiler weight runs from 1 pound 6 ounces to 2-1/2 pounds, undrawn. Fryer weights run from 2-1/2 to 3-1/2 pounds, undrawn and with heads and feet on.

"Milk fed chickens" is a phrase often seen in advertising, but one which means nothing very definite to the average buyer. This feeding is usually of condensed buttermilk and ground grains, and is resorted to only the last 6 to 10 days before slaughtering. It has a bleaching effect on the fat of the bird, and also acts to distribute that fat more evenly. The result is that birds so fed sometimes have the appearance of being less fat than their grain fed fellows, though the total of fat may be exactly the same. Straight grain feeding supposedly tends to result in the fat being deposited in masses, especially around the organs and toward the back of the bird.

This milk feeding is rather an odd development, as 9 out of 10 cooks undoubtedly prefer chickens with yellow fat. Yet poultrymen are working for this well distributed, bleached fat in their birds! From the viewpoint of flavor and nutrition there is no difference between the two colored fats. Whether the poultrymen will be able to change this common preference for yellow fat remains to be seen.

Chicken as a whole is very nutritious food, similar in composition to the other lean meats. It is a protein food, and a type of protein that is easily assimilated by the body. It is also a good source of iron and phosphorus. Its vitamin content depends upon the feeding of the poultry, but it is generally a valuable source of vitamins B and G. The liver, of course, is a rich source of iron and richer in vitamins than the rest of the bird.

Common as poultry is, it is often badly cooked both in homes and in public eating places. Yet poultry cookery is a simple matter, once the basic principles are understood.

For one thing poultry should have rather low cooking temperatures, as should all protein foods. And the younger birds---those which can be broiled, fried, or roasted--have so little connective tissue that they are best cooked by dry heat. No water is added.

Here's the way the Bureau of Home Economics suggests for handling a fryer.

Wash the bird thoroughly outside and in, running water through it. Then dry it. Above all things, do not let either the whole bird or the dismembered pieces lie in water. Some of the flavorful juices will leach out if you do.

Chicken is casier to handle if you disjoint quite a bit. If you split the breast in two, it will cook more easily, and two people can then share this choice piece. Fold the wings. If you have a sharp enough knife you can easily strip out the ribs with no loss of flesh.

Salt and flour the pieces. Some cooks put the salted flour into a heavy paper sack and then shake up the chicken pieces inside the sack. It's an unorthodox way of flouring but certainly does the work evenly and neatly, with less scattering of flour over the table.

Use a thick walled skillet so as to have an even heat and reduce the scorching risk. Have one-half to three-quarters inch of melted fat in the skillet.



You can't skimp on the fat and have the best results. Half lard or vegetable oil and half butter makes an excellent frying mixture, though any well flavored fat will do. Some people prefer half bacon fat, but others don't like this flavor in the chicken.

Get the fat hot but not smoking hot, and then put in the chicken pieces. If you use a lid just during this operation, you'll protect yourself somewhat from spitting fat. You certainly can't wear nice shoes nor your dinner dress while you fry chicken!

Put the bigger pieces in first, and don't crowd them. Watch them closely and turn as soon as they are browned a bit. It's a little hard to get those first pieces to brown. The split breast and thighs will probably take about 20 minutes to get done.

Use a moderate heat throughout the cooking in order to have a juicy tender meat. Don't overcook! To test whether or not a piece is done, you might take a sharp pointed knife and make a little cut through the flesh to the bone.

As soon as a piece is done, remove it to a hot covered crock or pan. If you have a rack in the bottom of the pan, the fat can drain off the cooked pieces. Or you can drain off the fat on some brown paper. If you are frying several chickens, two skillets would be better.

Some cooks like to roll the chicken pieces in egg and crumbs instead of using just flour. This gives a crust and aids in browning. Dipping in a batter acts similarly. Batter dipped pieces usually call for deep fat frying, however; the batter sticks to the bottom of the skillet and peels off the pieces, unless the fat is sufficiently hot at first.

Speaking of skin--there are people who insist on skinning chickens--a regrettable practice, partly because the skin helps hold in the juices and is delicious in itself.

Still other cooks pour off the fat and add a little water to the skillet about half way through the frying period, clap a lid on, and set the skillet into the oven to finish. This is good technique for large fryers, but unnecessary for younger birds.



U. S. DEPARTMENT OF AGRICULTURE
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JUNE 30, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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HOME ECONOMISTS EXPLAIN
CAUSES OF JELLY FAILURE

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Jelly making has an important place among June's kitchen activities. Fresh fruit is at hand. Days are sunny. Mornings are cool. Jelly is made in small quantities so that one lot of juice doesn't unduly monopolize the morning hours.

Fruit prospects this summer are unusually favorable so that there should be plenty available for jelly making. Berries, both wild and cultivated, have had unusually favorable conditions. For cherries the forecast for the 12 commercially important states is about 11 percent more than the previous record crop of 1932. And general indications early in June were promising for grapes.

The jelly making technique is sufficiently exacting to put the best cook on her mettle and give her a glow of triumph when her product turns out just right. Something there is about a fine jelly that is peculiarly satisfying. Its clear brightness, its yielding firmness, its sweetness underlaid with the characteristic flavor of the fruit from which it is concocted, make it highly pleasing to the eye and to the tongue.

Each lot of juice presents its own special jelly problems. The juice of one fruit differs from that of another. Moreover a given fruit of last year may

not be quite the same as that of this year. And even this year's fruit may vary if grown under different conditions of weather and soil. There are still further variations because of differing stages of maturity. Too, a fruit juice made as soon as the fruit is picked will behave somewhat differently than if there has been a lapse of several days between the picking and the cooking. You can't blindly follow any procedure, but must meet each new lot of juice on its own ground.

In spite of these vagaries of fruit juices, the cook who faithfully carries out the directions of home economists will rarely have a failure. Three of these fundamental directions are: work with small quantities at a time-- not more than 6 quarts of berries or 8 pounds of such fruits as apples; carry through the jelly process promptly; and use a broad, flat bottomed pan for cooking the juice so as to cut cooking time to a minimum and conserve pectin and flavor.

Here's a tabulation of the most common types of jelly failures with an analysis of their causes:

FAILURE TO HAVE JELLY FORM is always caused by an improper balance of pectin, sugar, and acid. The fruits used may not have had enough pectin or acid in them. Both these essentials are present in the largest amounts in slightly under-ripe fruits; in a deadripe fruit they are broken down into other substances which don't help form jelly. Some never have enough pectin. Such fruits may be combined with pectin-rich ones to get jelly. Lemon juice can be added to supply the lacking acidity. And home-made or commercially prepared pectins can fill the other need.

Sometimes the fruit juice started with plenty of pectin, but it was cooked so long that too much of that pectin was destroyed. A gummy mass was then formed instead of a jelly. A runny mass may have been caused by too little cooking, not enough to bring the proper concentration of the juice.

Another cause of failure to bring jelly is using too much water with the fruit when it was boiled to get the juice. With black raspberries and blackberries, for instance, only a fourth cup of water should be used for each pound of the fruit if the fruit is firm, and no water at all if it is very soft. If you use an over-supply of water for the extraction of the juice, there's just that much more to be evaporated out again, and the attendant danger of destroying pectin from prolonged cooking.

Still another reason for failure to get jelly may be too much sugar, more than is required for the acid and pectin.

SUGAR CRYSTALS are not harmful but spoil the texture of the jelly. Their causes: an excess of sugar, too little acid in the fruit, overcooking the jelly, or too great delay in sealing the jelly.

CREAM OF TARTAR CRYSTALS, found in grape jelly, are also harmless. They can be prevented usually by letting the grapejuice stand overnight in a cold place, to let the crystals form. The next morning carefully dip out the juice, leaving the crystals with the sediment on the bottom and sides of the bowl, and re-strain it before making the jelly.

WEEPING JELLY is found with such fruits as cranberries and currants, where both acid and pectin content are high. The jelly mass contracts and squeezes out liquid, no one knows exactly why.

CLOUDINESS is found usually with the red juices and is caused by improper straining. Straining a juice twice brings a little lower yield but does result in more clarity.

The cook who acquaints herself with the jelly practices approved by home economists and who faithfully follows their directions should have few failures.

